

www.CareForTheTroops.org

Addressing The Invisible Wounds of War

Mission: ... facilitating the spiritual and psychological care of returning war veterans and their extended families

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Causes for Concern



1. Multiple deployments are common causing stress and family attachment issues
2. An April '08 Rand Study reported 37% have either PTSD, TBI, or significant Mental Stress (5% all 3). Some estimate >50% return with some form of mental distress
3. Suicide, alcoholism, domestic abuse and violent crimes rates are rising. Suicide is 33% higher in '07 over '06, 50% higher in '08, equal to '08 by May of '09. As of summer 2009, 761 killed in Afghanistan, yet 817 suicides in all services over the same period. 2010: military > civilian suicides
4. Military Sexual Trauma (MST) is running at 16%-23%
5. In 2008, military children and teens sought outpatient mental health care 2 million times, a 20% increase from '08 and double from the start of the Iraq war ('03)
6. DoD and VA facilities are stretched ... the Aug 2009 VA claims backlog was 900,000; April 2010 backlog has improved to 605,000
7. Many more Reservists & Guard than previous wars (54% as of mid '08) and they and families are more distant from DoD and VA support facilities
8. Other mental health, marriage, and family problems often occur with or leading up to PTSD requiring attention so they don't get worse
9. Rand Study ('08) estimates that PTSD and depression among service members will cost the nation up to \$6.2 billion in the two years after deployment. Investing in proper treatment would actually save \$2 billion within two years.

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Profile of Differences by Era



Vietnam

- military cohorts
 - relatively homogenous
 - enlisted and drafted
 - fewer Reservists/Guard
- average age 18-22
- not married
- no children
- no career developed
- adolescents— early stages of development
- typically one tour (12-13 months)
- communications via phone, mail
- wounded/killed ratio 3:1

OIF / OEF

- not homogenous---heterogeneous
 - Active duty
 - Reservists/Guard-
 - joined for variety of reasons
 - likely did not expect to be deployed
- wide age range: 18-60+
- married
- parenting/grand-parenting
- job/career
- financial responsibilities (e.g. mortgage, family)
- typically multiple deployments with unknown duration
- instant communication
- more indirect combat e.g. IEDs and suicide bombers
- wounded/killed ratio 15:1

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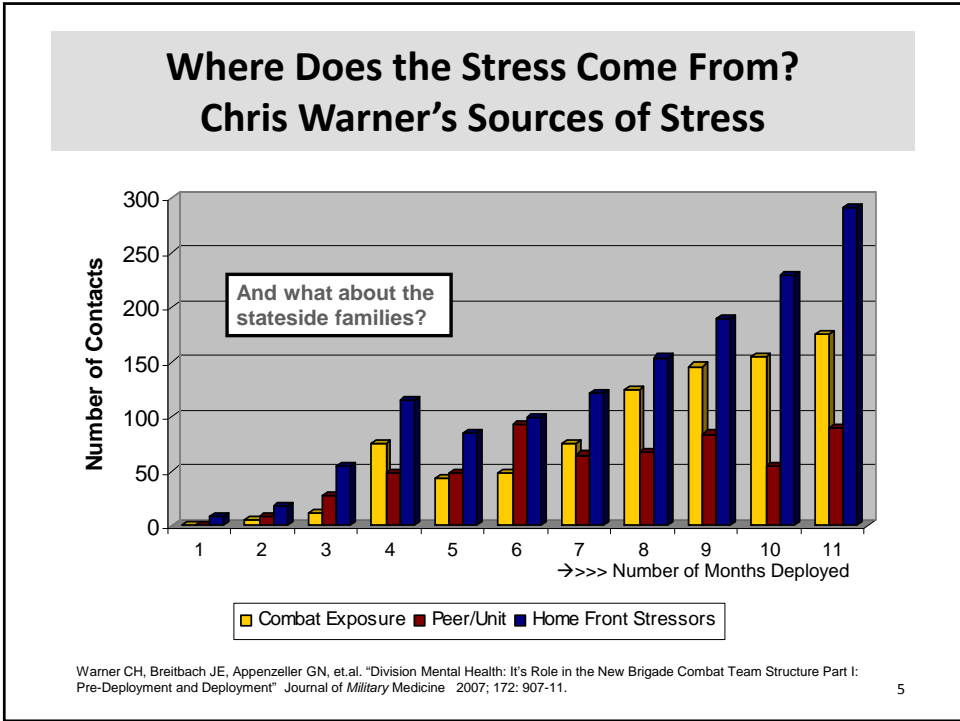
Realizing the bridge is down...

“Home—the place many think is the safe haven to find relief from the stress of war—may initially be a letdown. When a loved one asks, ‘What was it like?’ and you look into eyes that have not seen what yours have, you suddenly realize that home is farther away than you ever imagined.”

Down Range: From Iraq and Back, by Cantrell & Dean, 2005



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The Spiritual Wounds of War

“The soldier’s heart, the soldier’s spirit, and the soldier’s soul are everything. Unless the soldier’s soul sustains him, he cannot be relied on and will fail himself, his commander, and his country in the end.

... General George C. Marshall

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The Spiritual Wounds of War



The Insidious Nature of Trauma

Spirituality requires a balanced connection between mental, physical, emotional, and relational wellbeing

Trauma’s emotional and cognitive distortions cause numbing and impairs relationships with families and God/Higher Power

Pre-Trauma Spiritual Approach	Post-Trauma Inhibitors
Experiential – Feeling God’s presence	Numbing of emotions and relationship disrupts one’s experience
Cognitive – Well thought out belief in God/Higher Power	Disrupts ability to process logically and grasp belief (esp. if TBI exists)

This results in making the renewal of spirituality very difficult

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Mission of CareForTheTroops.org



- Work to improve the ability of the civilian mental health infrastructure in the State of Georgia, then nationally, to work with military family members
- Facilitate connecting military families to providers of spiritual and psychological services familiar with the military culture and trauma
- Focus on addressing combat stress recovery as well as other spiritual and mental health related problems impacting the marriages and families of military veterans
- Educate and train clinicians, congregation and community leaders, extended family, and civilian groups about the military culture and trauma associated with military deployments in order to better assess and treat mental health symptoms, and provide more effective referrals and care
- Provide opportunities for additional trauma treatment training to clinicians
- Operate in an interfaith, non-political manner, focusing on the humanitarian interest that benefits the veterans and their extended family members

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Organization



501c3 status has already been approved by the IRS

Current Board of Directors:

- President Rev Robert Certain, Rector, Episcopal Church of St Peter and St Paul (USAF)
- Exec Director Peter McCall (USArmy)
- Member Bill Harrison, Partner, Mozley, Finlayson & Loggins LLP (USAF)
- Member William Matson, Exec Director, Pathways Community Network, Atlanta, GA
- Member Alan Baroody, Exec Director, Fraser Counseling Center, Hinesville, GA
- Member Joseph Krygiel, CEO of Catholic Charities, Archdiocese of Atlanta (US Navy)
- Member Dorie Griggs - Presbyterian Representative, Citadel Parent
- Member Al Shauf - CBF (Cooperative Baptist Fellowship) Representative, Retired AF
- Member Bud Onstad – Lutheran Representative, Retired Army Chaplain

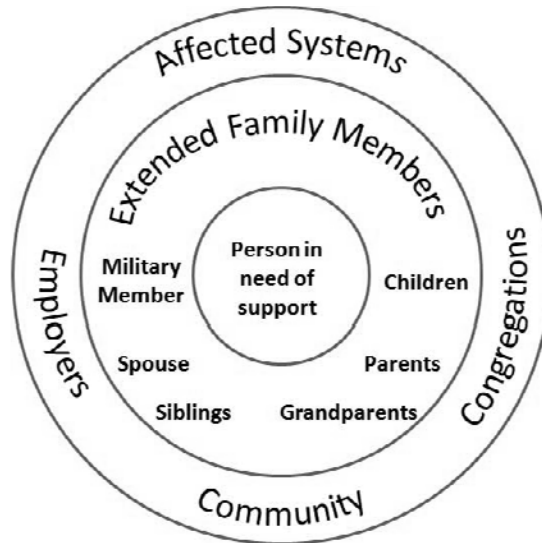
Current Partners:

- The Georgia Association for Marriage and Family Therapy (GAMFT)
- The EMDR Network of Clinicians in Georgia
- Pathways Community Network, Inc
- Fraser Counseling Center, Hinesville, Georgia
- Catholic Archdiocese of Atlanta
- Cooperative Baptist Fellowship (CBF) of Georgia
- Episcopal Diocese of Atlanta and Diocese of Georgia
- Lutheran ELCA Southeast Synod
- Presbytery of Greater Atlanta/Presbyterian Women



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Approach



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This shows the first 4 search results for Fulton

CareForTheTroops
"To care for those who have borne the battle, and their spouses, children, and families"

Are You Military, a Family | Are You a Mental Health | Are You Part of a | Are You a Community

LIST ORDER filtered by county, then zip
Therapists with multiple addresses will be listed multiple times
Therapists with no military culture training, experience or background in their profile will not be listed

ID: 140 NAME: Ms Nina M Laltrello, LMFT
ADDRESS: 3534 Old Milton Parkway, Alpharetta, GA 30005
COUNTY: Fulton (north) REGION: NW
PHONES: O: 770-908-7391 C: 770-908-7391 F: 678-624-0258
SPECIALTIES: PTSD, Marriage/Couples, Mindfulness Based Stress Reduction, Family, Addiction
OTHER SPECIALTIES: Certified Clinical Alcohol and Drug Counselor
INSURANCE PANELS: not on any panels

EMAIL: nina_laltrello@hotmail.com
DEGREES: Bachelor of Business Administration, Master of Family Therapy
OTHER LANGUAGES:
MILITARY CULTURE TRAINING COURSES ATTENDED:
MILITARY CULTURE BACKGROUND AND EXPERIENCE: Bosnia/Joint Endeavor/Guard4Era

searching for a therapist who wants to work with military families.

SPECIALTIES: PTSD, Family, Children/Play Therapy, Addiction
OTHER SPECIALTIES: Vocational, Career, educational counseling
INSURANCE PANELS: Cigna, Humana

ID: 122 NAME: Karen L. McCarthy, LMFT, LPC
ADDRESS: The Link Counseling Center 340 Mt. Vernon Hwy., Atlanta, GA 30320
COUNTY: Fulton (north) REGION: NW
PHONES: O: 404-256-9797 C: 404-213-6172
SPECIALTIES: PTSD, EMDR, Marriage/Couples, Mindfulness Based Stress Reduction, Family
INSURANCE PANELS: We do not take any insurance at The Link

EMAIL: klm@mindspring.com
DEGREES: psychology, Community Counseling
OTHER LANGUAGES:
MILITARY CULTURE TRAINING COURSES ATTENDED:
MILITARY CULTURE BACKGROUND AND EXPERIENCE:

ID: 144 NAME: Dr. John J. Perrino, PhD
ADDRESS: Dr. John J. Perrino 950 Hammond Dr. Ste 575, Atlanta, GA 30320
COUNTY: Fulton (north) REGION: NW
PHONES: O: 404-543-1612 F: 404-543-0940
SPECIALTIES: PTSD, EMDR, Marriage/Couples, Family


EMAIL: jperrino@aol.com
DEGREES: doctorate, doctorate, post-doc-psychopharmacology
OTHER LANGUAGES:
MILITARY CULTURE TRAINING COURSES ATTENDED:
MILITARY CULTURE BACKGROUND AND EXPERIENCE:

Why Congregations

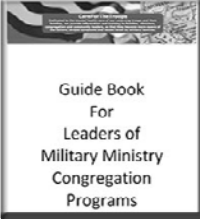
- "...With research consistently showing that clergy - not psychologists or other mental health experts - are the most common source of help sought in times of psychological distress..." based on a Baylor University study Oct 2008 *The results were published in Mental Health, Religion and Culture.*
- Congregations already know their local community which is important if we are to address the needs across the entire State (and Nation).
- Often they already belong to a local interfaith community, e.g. the local Covenant Churches of East Cobb
- There is the opportunity to access the existing "networks" within the larger faith communities, e.g. the Catholic Archdiocese of Atlanta with the help of the Catholic Charities Atlanta network.

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Military Ministry



Purpose
 The ministry approach is intended to address all the extended family members associated with the person that is or has been in the military. The ministry has the following goals:




- Help the congregation members maintain an **awareness** of the existence and needs of those sacrificing their time and effort to support our country
- Create an **environment of acceptance** within the congregation for any extended family member who worships or visits the congregation; acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be

A Military Ministry is a commitment by the congregation to the military families and to themselves to provide support. It is not a commitment to the CareForTheTroops organization.

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VFC vs Lead Congregation Responsibilities



Responsibilities	VFC	Lead Congregation
Establish a Military Ministry Team within the congregation	X	X
Establish at least 1 program approved by CFTT or LC (more desired)	X	X
Advertise the programs in your congregation all year	X	X
Provide an annually signed VFC Commitment Letter to CFTT	X	X
Agree that we can list congregation information on the CFTT site	X	X
Be an advocate and emissary of CFTT in an agreed to geography		X
Recruit congregations of all faiths in the community		X
Advise VFCs on how to get started		X
Communicate with established VFCs and CFTT quarterly		X
Assist Regional Trainers in scheduling training		X
Help with fundraising within the geography agreed to with CFTT		X

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Military Ministry Programs - Examples



- St Peter Chanel Catholic Church Website – Roswell
www.stpeterchanel.org/ministry/military/index.html

- Good Shepherd Episcopal – Covington
Operation Sandbox



- St Thomas – Columbus
www.booksforsoldiers.com

- St Thomas Aquinas – Blue Star Group
Banner and Care Packages



- Pens and School Kits initiative
Brothers at War Movie
<http://operationinternationalchildren.com>

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“VFC–LC” NEXT STEPS ...

- Gain Agreement from the Congregation’s Leadership for the Ministry
- Assign a Ministry Leader
- Sign-up as a CFTT VFC* – connect with the Lead Congregation
- Recruit and Form a Core “team”, “group”, “committee”
- Decide which Programs to begin and/or enhance
- Consider being a Lead Congregation and work with CFTT

* A VFC is a Veteran Friendly Congregation

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Top of the About Congregation Programs Page

Click on the picture and this presentation is available

CareForTheTroops
"To care for those who have borne the battle, and their spouses, children, and families"

Home | Are You Military, a Family Member, or an Extended Family Member? | Are You a Mental Health Professional? | Are You Part of a Congregation Leadership Team? | Are You a Community Leader, Employer, Social Service Provider?

Find a Therapist | "Stuff" You Should Know | About Us | Training Event Info | Therapist Recruitment | Congregation Programs | Resource Library | News | Donate | Contact Us | Crisis Intervention Information

Congregation-Based Military Ministry Programs

Introduction:

Congregation based Military Ministry Programs are a step toward supporting active military and veterans of the current and past conflicts. These programs are fundamental to the success of the CareForTheTroops effort as they represent the primary participation vehicle for congregations to participate in the CFTT Initiative and also an important element in qualifying as a **Veteran Friendly Congregation**. It is a very key way for spreading the word and connecting with military family members in need on a local level.

The set of programs is intended to address the entire extended family members associated with the person that is or has been in the military. The programs available and outlined on this website have the following goal:

- Help the congregation members maintain an awareness of the existence and needs of those sacrificing their time and effort to support our country.
- Create an environment of acceptance within the congregation for any extended family member who worships or visits the congregation, acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be.

More information can be found below and updates regarding these programs will be posted as they occur. We also have posted a presentation that can be used to lead a discussion of CFTT and the Congregation-Based components of this initiative to a group of congregation leaders and members.

Moving down the same page gets you to the Guide Book info we have introduced in this presentation. It also shows the TOC and the Intro Letter in the document

Clicking on the picture of the book will let you download it.

Our Partners

Trinity Presbyterian
 - Peace Counseling Center
 - Mental Health Providers
 - MHCOR (Ministry of Christian Outreach and Family Therapy) (MHCFT)
 Congregation Outreach
 - Episcopal Diocese of Atlanta
 - The Atlanta Presbytery
 - Presbyterian Women
 - Catholic Charities and the Archdiocese of Atlanta

VETERAN'S GEORGIA

There is an excellent non-profit that began operating in late 2008 that is very complementary to the mission and goals of CareForTheTroops

Veteran's Heart Georgia fosters the healing of veterans of all wars by attending to the spiritual and emotional needs of veterans, their families and our communities.

We urge you to link to their web site and take advantage of their training and support activities. CareForTheTroops is inclusive and believe that

Related Articles of Interest

An overall Guide Book is available which helps a Congregation Leader set up a Military Ministry in their congregation, access, print, and download this Guide Book you should click on the image on the left

This Guide Book is designed to help leaders of congregation based military ministries, and also leaders of local congregations. The workbook-style was used to make it as easy and simple to understand the steps to follow and the elements to consider when bringing CareForTheTroops to the local congregation level and to the surrounding communities.

The following individual programs are suggested in the guide book. However, these are just suggestions. We are welcome any new ideas and suggestions and certainly do not want you to give up any programs which your congregation may already have started. In fact, be sure to tell us about any!

Document Contents

To give you an idea of what this Guidebook contains and how it can be helpful to you, we are showing below the Table of Contents as well as the opening introduction letter to the reader.

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II. Lead Congregations

III. Additional Notes

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Letter from Congregation Leadership to Congregation, Example 2

Letter to a Congregation Member in the Military or Related To One, Example

Example of Article in Congregation Newsletter or Email to the Congregation

Part 2 - Congregation Program Templates

Program 1: Prayer List Identification - Spiritual Support and Care

Military Ministry Programs


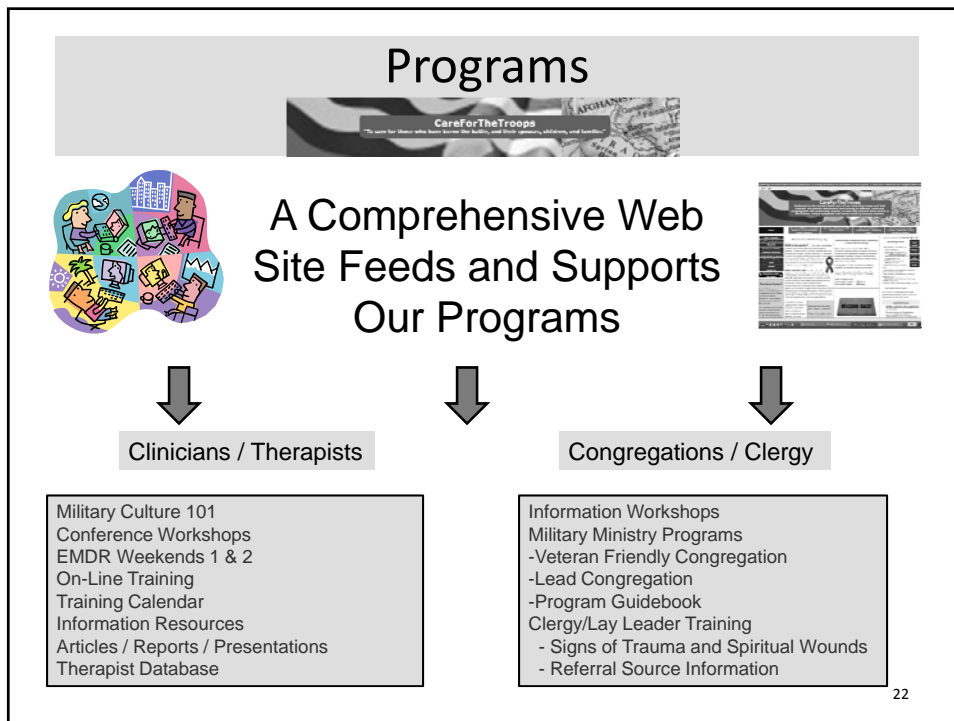


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Agenda – Clergy/Lay Leader Training Example

Time	Speaker	Topic
10	St Luke's	Introductions and Opening Remarks
20	Peter McCall	Review what CareForTheTroops is and does www.CareForTheTroops.org
30	Dr Alan Baroody	The Trauma Continuum
10		BREAK
40	Dr Alan Baroody	The Spiritual Wounds of War
30	Peter McCall	Congregations' Response Review how congregations can participate <ul style="list-style-type: none"> • Congregations can start Military Ministry Program • Explain the role of a VFC* and Lead Congregation • Describe and ask for VFC* Approval Letters
10	All	Open Discussion and Concluding Remarks

* A VFC is a Veteran Friendly Congregation 23

Questions ??



A Comprehensive Web Site Feeds and Supports Our Programs

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Clinicians / Therapists

- Military Culture 101
- Conference Workshops
- EMDR Weekends 1 & 2
- On-Line Training
- Training Calendar
- Information Resources
- Articles / Reports / Presentations
- Therapist Database

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Congregations / Clergy

- Information Workshops
- Military Ministry Programs
- Veteran Friendly Congregation
- Lead Congregation
- Program Guidebook
- Clergy/Lay Leader Training
- Signs of Trauma and Spiritual Wounds
- Referral Source Information